

ASHWAGANDHA

Stress Support and Mental Clarity*



Ashwagandha is a well-established powerhouse of health and well-being. Derived from centuries of Ayurvedic wisdom, this adaptogenic herb offers a multitude of benefits that promote hormone support, tissue healing, immune strength, and sleep and stress management. Ashwagandha's unique properties encompass a comprehensive approach to wellness, addressing the intricate interplay of hormones, stress response, and immune function. By harnessing the potential of this remarkable herb, our supplement empowers you to achieve optimal balance and vitality, supporting your journey towards a healthier and more fulfilling life. Discover the transformative power of ashwagandha and unlock your body's natural ability to thrive.



MEN & WOMEN



PATIENTS REQUIRING

- Hormonal Imbalance & Fluctuation Support
- Stress Management Support
- Endurance & Physical Performance Support
- Acute or Ongoing Immune System Support



GLUTEN FREE



SOY FREE



DAIRY FREE



NON GMO

BENEFITS



Promotes Hormonal Balance



Supports Mental Clarity & Elevated Mood



Facilitates An Optimal Environment For Normal Tissue Repair



Optimizes Immune System Health

DIRECTIONS:

Take 2 capsules daily with water or as directed by your healthcare practitioner.

SUPPLEMENT FACTS

Serving Size: 2 Capsules | Servings Per Container: 30

| | Amount Per Serving | %DV |
|----------------------|--------------------|-----|
| Ashwagandha | 1300 mg | |
| Black Pepper Extract | 10 mg | |

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hypromellose)



HORMONE SUPPORT

Ashwagandha has become a staple when it comes to hormone support with *three primary areas of focus*.

First, its adaptogenic effects; ashwagandha acts as an adaptogen, meaning it helps the body adapt to stressors and normalize physiological functions. By modulating the stress response, it helps regulate the release of stress hormones like cortisol. Elevated cortisol levels due to chronic stress can disrupt hormone balance, leading to issues such as adrenal fatigue, irregular menstrual cycles, and reduced libido. Ashwagandha's adaptogenic effects help balance cortisol levels, supporting the restoration of hormonal equilibrium.¹

Next, there is the HPA axis modulation. Ashwagandha influences the HPA axis, a complex network involving the hypothalamus, pituitary gland, and adrenal glands. Chronic stress can dysregulate this axis, leading to imbalances in hormone production. Ashwagandha helps restore HPA axis balance by regulating the feedback loop between these glands. It enhances the sensitivity of the hypothalamus and pituitary gland to cortisol, leading to reduced cortisol production when levels are high and increased production when levels are low. This feedback mechanism helps normalize hormone secretion and improve overall hormonal balance.²

Lastly, Ashwagandha has been shown to have beneficial effects on thyroid function. It helps regulate thyroid-stimulating hormone (TSH) levels, supporting the optimal functioning of the thyroid gland.³

STRESS AND SLEEP SUPPORT

Ashwagandha plays a multifaceted role in promoting restful sleep, managing stress levels effectively, and supporting overall relaxation and well-being. Ashwagandha exhibits GABAergic activity, meaning it interacts with gamma-aminobutyric acid (GABA) receptors in the brain. GABA is an inhibitory neurotransmitter that helps regulate neuronal excitability and promotes a calm state. Ashwagandha supports GABAergic signaling, leading to increased GABA activity in the brain, thus helping to induce relaxation and facilitate the onset of sleep.⁴

Then, there is Ashwagandha's influence over various neurotransmitters, including serotonin, dopamine, and norepinephrine, which are involved in mood regulation and stress responses. Ashwagandha has been shown to support optimal levels of these neurotransmitters, promoting a positive mood and contributing to overall stress management and emotional well-being.

The true hallmark of Ashwagandha is how it supports the body's adaptive responses giving the user an enhanced resiliency to stress. It activates molecular pathways, such as the heat shock protein (HSP) system, which protects cells against stress-induced damage. By enhancing cellular resilience, ashwagandha helps individuals cope with stress more effectively, reducing the negative impact it has on sleep quality and overall well-being.¹

TISSUE RECOVERY AND IMMUNE SUPPORT

Ashwagandha offers notable benefits in tissue recovery and immune support. It contains bioactive compounds such as alkaloids and flavonoids that possess properties that contribute to an optimal environment for normal tissue repair. This makes it an ideal choice for individuals recovering from injuries associated with regular exercise. Moreover, Ashwagandha's immunomodulatory effects support the activity of immune cells, including natural killer (NK) cells, macrophages, and lymphocytes.^{5,6}



REFERENCES

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